Ufford PUNCH

Issue 331

August 2024

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Welcome to the Ufford PUNCH

From the Editor

Welcome to the August edition of the Ufford Punch.

The Ufford Village Summer Show in the middle of July is probably the largest social event of the village year, so the last thing the organisers of the show needed was a meadow full of puddles and dark skies at 9.00am. Good fortune however was on their side, as by 2pm the ground had dried out, there were blue skies and a steady stream of locals heading for the Pimms table … and the other stalls of course.

The Horticultural and Art competitions were a great success, with entry numbers higher than last year. Despite the poor weather and a proliferation of slugs and snails in Ufford this year, the gardeners did an amazing job in delivering their produce perfectly on the day. The artists provided a wide variety of arts and crafts, emphasising the talent present within Ufford. The Fun Dog Show again drew many into the arena and the smiles on the faces of that crowd said it all. The rest of the events, the games and the tea and cakes were all thoroughly enjoyed. Thanks must go out to Peter Hepworth for his musical turn and to the many volunteers who made the day go so smoothly.

In this month's PUNCH, we naturally cover all of the above (p13-15) but also announce a couple of changes on our Committee (p7), remember the life of Peter Ernst (p8), welcome Ray Whitehand the new resident of the refurbished Almshouses (p9), offer some Ufford inspired prose and poetry (p10-12), some local history (p17-18) and all our regular articles from our generous contributors.

Let's hope, with holidays booked, that we see summer arrive in August.

Tony Hill

Front cover - Summer Sunset on the River Orwell - Tony Hill

Have you heard it on the PUNCHLINE?

Get the latest village news first via our digital newsletter 'PUNCHLine'.

If there is anything you want to broadcast, write your message and send it in Monday - Saturday for circulation to all our subscribers as soon as possible.

To subscribe, or broadcast news, email punchline@uffordpunch.org.uk

GO TO www.uffordpunch.org.uk FOR THE ONLINE EDITIONS

Ufford PUNCH September 2024

Deadline for submissions: 16th August 2024

UFFORD PUNCH NOTICEBOARD

Dear Ufford Punch,

After many months of advocating for MND and supporting our efforts to raise funds for three MND charities, we would like to express our immense gratitude to the Ufford Punch, Ufford Crown and the White Lion for their incredible assistance and commitment in boosting the awareness of MND alongside donations to the related charities.

Most recently, Andy and Stephen's conception of a Midsummer Night's Dream Summer Ball, combined with the time and amazing skills of a 'dream team' to create an absolutely marvellous evening. The setting, food, music and atmosphere were all thoroughly relished by everyone there. That it should raise over £10,000 for Nick's chosen MND charities through ticket sales and the auction of promises was beyond belief!

Having started our fundraising efforts nearly six months ago, with the incredible support of family, friends and so many people in Ufford and beyond, we have raised nearly £45,000 including Gift Aid. This would not have been possible without Ufford!

Hopefully, the Ufford Punch will now have more time and space to allow for their many other eclectic writings.

With enormous thanks,

Nick, Jill and family

Smashing Snaps … Shame about the Summer

Photos courtesy of John Colles (left) and Dawn Woodgate (below)

UPC Ufford Parish Council News

£20,000 heading to Ufford Community Hall

Fantastic news….Ufford Parish Council have been awarded £20,000 from the National Lottery Community Fund to help towards the refurbishment of the Community Hall toilets. The basic layout of the toilets will be the same, but all facilities will be replaced. The walls will be plastered and new doors will be fitted.

The Project will soon be underway and may require the closure of the Hall for a few days, however, adequate notice will be given via PUNCHLine.

Suffolk Suicide Prevention

(*A message from Suffolk Public Health and Communities*)

The impact of suicide is devastating and wide-reaching and may sadly impact all of us at some stage of our lives. For those living with suicidal thoughts, the feeling of the inner turmoil of emotional pain, shame and a sense of feeling trapped are all factors that mean taking their own life seems an option. Also, losing a loved one to suicide is hugely traumatic with common feelings being stigma, shame and 'could I have done something to change the outcome'?

Suffolk User Forum have produced a 4 minute video , using the acronym LISTEN, to better equip us to support friends or family who are struggling with suicidal thoughts.

https://www.suffolkuserforum.co.uk/listen-for-suicide-prevention/

If you have been bereaved by suicide, Victim Support provide a support service that could help you. It is open to anyone who has been bereaved by suicide, there is no time limit on how long ago or who you have lost. To get in touch call 01473 322683 or email SNEE.bereavedbysuicide@victimsupport.org.uk

If you are experiencing something that makes you feel unsafe, distressed or worried about your mental health, telephone the helpline NHS 111 option 2. It is a helpline for people of all ages in Norfolk and Suffolk who need urgent mental health support. The helpline is available all day, every day.

August Meeting of Ufford Parish Council

Will we, or won't we? Ufford Parish Council usually plan *not* to meet during August, due to many Councillors being absent. However, nine times out of ten these plans are overruled by the submission of a Planning Application to East Suffolk Council, which the Parish Council feels it must debate and reply to. If we do meet, it will be on Tuesday 20th August, 7.00pm in the Parish Hall, Church Lane. A PUNCHLine will be issued w/c 12th August, to notify you of any forthcoming meeting.

Do you live in the Woodbridge area?

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Changes at the PUNCH

A fond farewell to Lyn Taylor and a warm welcome to Tig Thomas

Lyn Taylor has been a valued member of the PUNCH committee for eight years and, together with Judi Hallett, has been the 'face' of PUNCHLine since February 2016. Lyn recently informed us that she felt it was time to step down and we are extremely grateful for all her hard work over those years.

We are losing a willing and engaging reporter who has covered pretty much every aspect of Ufford village life for the magazine and was an editor's dream, with prompt copy needing few changes. Our monthly meetings will also never quite be the same, we shall miss the occasional frank observation and Lyn's resolve on matters she was passionate about.

At our last committee meeting (see photo) we had the opportunity to wish Lyn a happy PUNCH retirement and we hope she will enjoy some visits to the Concert Hall at Snape Maltings as a parting gift from her colleagues.

We are delighted that Tig Thomas has agreed to join the PUNCH team and will be our replacement for Lyn on PUNCHLine and on the committee.

Tig has been a big part of village life for many years. A generous host, a committee member of the Ufford Art Festival, a sage advisor on all things bee related, a part of Team Doubt (the nemesis of many a White Lion pub quiz team) and recently Tig became a UPC Councillor.

Tig will bring her skills and experience as an editor to the committee and while we haven't yet twisted her arm to become an editor on the PUNCH, we look forward to her insights.

Welcome Tig, we hope you will enjoy your time on the magazine and thank you for coming on board. **TH**

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Peter Ernst Obituary

25th March 1933 - 19th June 2024

Peter Russell Max Ernst was born on 25th March 1933 to Dorothy and Max Ernst in Hackney, East London. Being born within the sound of the bells of St Mary-le-Bow, made him a true cockney although you would never have guessed if you had spoken to him.

He grew up in Gidea Park, Essex and also spent lots of time with his paternal grandparents who lived locally at Noak Hill. The shadow of war would interrupt his childhood and he, his brother and their mother would evacuate to Kendal in the Lake District (where his love of Kendal cake began) to escape the heavy bombing where they lived. His father remained in Gidea Park, continuing his work as a surgeon in the local hospital and then covering for four GP surgeries at the family home after his operating list was finished.

Dad was a keen sailor in his youth and together with his brother Malcolm, they sailed and raced with some success the family dinghy called the Djinn. Post retirement, he would again take up sailing with his brother although now accompanied by Malcolm's son, Richard.

Dad attended the Wells House prep school and he often spoke fondly of his time there. He boarded at Aldenham, his senior school and was particularly good at athletics as well as being a naturally talented swimmer.

With his mother a GP, his father a consultant Surgeon, a cousin a physiotherapist and both aunts a GP and radiographer respectively, it was really no surprise that Dad would enter the world of medicine; qualifying as a doctor on 1st October in 1960.

In a ceremony held at the Royal Albert Hall, Dad and his brother were presented with their doctorates together by her late Majesty, the Queen Mother.

It was whilst working at West London Hospital, Hammersmith as a junior doctor that Dad caught the eye of a certain young Australian nurse – after a six-month engagement, they married and on 8th June this year, celebrated their 61st wedding anniversary.

In 1974 he was appointed as Accident and Emergency Consultant at Orsett Hospital in Essex. This was a new step for the NHS as, up until 1971, A&E was usually looked after by the Orthopaedic Surgeon. He set about transforming the delivery of emergency care at Orsett. The work he did there would have far reaching consequences and many of the standard operating practices that exist now are a result of those early procedures he set up.

Margo and Peter Celebrating His Majesty's Coronation

In retirement Dad would enjoy bell ringing, amateur dramatics, carpet bowls, gardening and chairing many other societies and organisations. He became church warden and was also a member of the diocese committee.

Dad certainly had a long life - well lived and he made sure he enjoyed his retirement to the full; his funeral reflected that. It was an extremely touching day for many reasons, not just the full requiem mass to honour him, but the attendance of friends and family who had booked time off work, closed their businesses for the day and travelled from far afield to pay their respects to our wonderful father.

We have so many to thank, but not enough space to mention you individually; so, thank you to all, sincerely from the bottom of our hearts.

He is survived by his beloved wife Margo, children Henry and Lizzie and two grandchildren, James and Charlotte, not forgetting Chopper, the dog.

Lizzie Leggett and Henry Ernst

Ufford Almshouses Up and Running again

On 25th June the Ufford Charities Trustees met for the official opening of the refurbished Almshouses. The sun was shining – a gazebo erected – bunting displayed – glasses of fizz and a delicious celebratory cake served.

Photo - Judi Hallett

Steve Mayhew, Chairman of The Trustees, explained that the Ufford Almshouses, an asset of the Ufford Charities, have stood as a symbol of community care for generations. They were built by Thomas Wood, Bishop of Lichfield and Coventry, and bequeathed to the Parish of Ufford as a hospital in 1690. Over time the hospital was converted to provide shelter and support for those in need and The Almshouses have witnessed countless stories of resilience and solidarity, with many giving their time and energy as volunteers to run the charities.

Photos - Sue Wright

After the death of long standing resident John Fairhurst in 2020 the Trustees decided to refurbish and extend the properties to bring them up to 21st century living standards. Local architect Tim Buxbaum had the vision of how to breathe new life into the Almshouses while retaining their historic integrity; he worked closely with Ufford builder Paul Rust to achieve these aims. Steve Mayhew and Andrew Dennis oversaw the budget and day to day operations while Judi Hallett kept them on their toes.

Photo - Judi Hallett

The costs were met from the Charities endowments, a significant grant from Homes England plus an interest free loan from the Almshouse Association – investments in the future of our village.

Photo - Judi Hallett

Steve Mayhew invited Ray Whitehand the new resident to open the "new" Almshouses by cutting the ribbon. Steve then concluded by saying "these Almshouses are more than just buildings; they are a testament to the power of community, compassion and care" before thanking everyone who had contributed to the project.

The onlookers then donned plastic overshoes before going in to admire the beautifully restored homes; seventeen people expressed a wish to be put on the waiting list to live there! Olive Cox, who many will know, is already happily living in the other Almshouse.

Lyn Taylor

"The Narrowness of Country Life"

Sue Wright tells us of the life of an English novelist with a link to Ufford

Mary Cholmondeley (8th June 1859 - 15th July 1925)

Mary Cholmondeley was a prolific Victorian writer, in an era where many women turned their newly invented fountain pens to penning hundreds of novels, poems and other writings. Sadly for some, it was only long after their deaths that they were appreciated, but like many of her contemporaries, Mary's work lives on.

Mary was the third child of eight born to Reverend Richard Hugh Cholmondeley and through her father's work the family lived in several counties. An uncle of Mary's, also a man of the cloth, was known to have played host to Mark Twain, the novelist, on his visits to England. Her niece Stella Benman became a renowned authoress. As the eldest daughter, Mary dutifully spent a lot of her teens looking after her sickly mother, but she had been writing novels since she was 12 and from an early age had entertained her siblings with stories.

Mary wrote "What pleasure and interest it would be to me in life to write books. I must strike out a life of some kind and if I do not marry (for at best that is hardly likely as I possess neither beauty or charms) I should want some definite occupation, besides home duties."

Mary was described as 'grave, quiet low voiced, with a kind of gracious and dignified angularity'. She looked exactly what she was, a woman of good country stock.

In the winter of 1885 during the long depression, she wrote *Danvers Jewels*. In her mid-twenties now, Mary was hankering for a greater independence and mobility than either her household duties or recurring poor health allowed, and in spite of the pleasure of the letter received from her publisher George Bentley in 1886 accepting her *Danvers Jewels* and its 'bright and humorous story' in her private journal she wrote:-

"I am constantly driven back upon myself. I seem to be checked at every point. I cannot go where I would, or among the people with whom I would associate. I am turned back, quietly, time after time, to a quiet life, monotonous, without any outlet to thought in the way of conversation, turned back to the silence of a country life, without interest in country life."

In 1899 Mary Cholmondeley's most famous book *Red Pottage* was released. A piece she wrote satirising religious hypocrisy, but also the "narrowness of country life". I wondered if that referred to how she found her long summers in Ufford (was she bored with the quiet and simplicity in comparison to her more cosmopolitan life in London) or did it reference her own unfulfillment and have very little to do with Ufford.

Red Pottage was well received on both sides of the Atlantic, but was denounced from a London pulpit as immoral. One report said that "this book could only have been written by one who had been jilted by a man of the clergy". The book had raised eyebrows when exploring the issues of female sexuality and vocation, which were popular topics in late Victorian debates about the New Women.

Mary, along with many other single female writers of the strict Victorian era, were adept at describing intimacy in their writings, and yet from what history told us they lived pure moralistic lives. The only account of a personal relationship for Mary, was, apparently, a disastrous short-lived relationship with a young man in her teens. But there were unsubstantiated rumours of a sniff of scandalous behaviour during her time in Ufford.

She did write "no one's life was any the poorer for letting out all the length of the reins" and in one of her private journals she figuratively writes that the "yoke and harness" are trapping her spirit and soul.

In much of her work she strongly shows a concern for the moral health of individuals, their level of self-awareness and self-criticism, as well as their responsibility to other people. I see her as a forward thinking woman of the Victorian era, one of the New Women writers, who were in part reformers. They started to take their words off the pages and incorporate them into their own lives. To my mind Mary, like Emmeline Pankhurst, was looking to bring about true equality and freedom of choice.

After her father's death in 1910, Mary, unmarried, moved with her sister Victoria to No 2 Leonard Place, Kensington, with the pair spending their summers in Ufford House, known then as The Cottage. We know that it is from within this 'cottage' she wrote much of *Notwithstanding*, published in 1913, a result of long summers spent there in the late 1800s and early 1900s.

Mary had endured a life time of debilitating asthma, and as she got older so the condition worsened, and in July 1925 Mary died, aged 66. Mary's work puts her firmly into the Ufford history book along with a number of other famous residents.

Sue Wright

Notwithstanding, a book review - 'we read 'em so you don't have to!'

Tim Mumford turns book reviewer to an Ufford resident of the early 20th Century

Anyone looking for an insight into upper-class life in Ufford in the late 19th century could do a lot worse that get hold of a copy of Mary Cholmondeley's novel *Notwithstanding*. Published in 1913 (but set twenty years earlier), the book explores a set of conventions and moral concerns that were all consuming at that point in time but which seem almost completely foreign now, and sets them against the backdrop of a bucolic Suffolk village untouched by modern life.

The hero of the book is Annette, a radiant young girl, who we first meet in Paris just after she has been jilted by a suitor. Her preferred course of action at this point is to jump off a bridge and end it all, but luckily she is talked down by a passing older man called, ahem, Dick. Never one to pass up an opportunity with a vulnerable woman, he immediately invites her for a dirty weekend in a hotel, and in her despair she accepts. But before he can have his wicked way, devious Dick gets drunk and has a seizure of some sort. He is mortally ill, but he does survive long enough to dictate a new will, with Annette as one of the witnesses.

Modern authors would perhaps censor Dick for his behaviour, but in this era because he is mildly aristocratic and a man, he gets off almost scot-free. Instead, it is Annette who has the problem - she is now a 'fallen woman', her prospects greatly diminished, and her name witnessing the will is proof of her presence in the hotel. Her only hope is to hide in the country and submit herself to a life of duty looking after a couple of maiden aunts.

And so it is she appears in Ufford, takes up residence in a house that I think is probably modelled on the modern-day Ufford House, and looks forward to a life of modest anonymity with new friends who know nothing about her.

But you will not be surprised to learn that things do not work out as planned. High society in Ufford is convulsed with plots and intrigue regarding who gets to inherit Ufford Place (called Hulver in the book) from the current owner. Will it be the simple younger brother who lives in the Dower House with his mother and spends his days staring at the ceiling? His malevolent nurse certainly hopes so, and she whisks him off to Ipswich to marry him so that she can share the spoils. Or will it be handsome but dutiful Roger, a cousin to the owner and hard-working land agent for the estate. If only there was a will that would put things straight….

Needless to say, it soon transpires that the deceased Lord of the Manor is none other than Dick, and the only person who can save the estate for Roger is Annette, witness to the will (which was written in Roger's favour). By this time Roger and Annette have fallen in love, but as Annette's past slowly emerges things get difficult. Roger just about gets his head around Annette's father being 'in trade', although that is clearly a shocker, but the fact that his intended was once in a bedroom with Cousin Dick is almost insurmountable.

Happily, a highly unfeasible solution presents itself, whereby the will is partially burnt in a fire and Annette's signature is burnt off, leaving the rest intact. With no public record of her shame, our two heroes can get married and live happily ever after.

Throughout the book, Cholmondeley revisits many of her favourite themes - that the Victorian view of women as either 'fallen' or 'angels' is simplistic, that the life of duty and service expected of most women is an onerous sacrifice, and that the difficult truth is often much better than the expedient lie.

The plot and the characterisation in the novel goes a long way to explain why Cholmondeley is considered to be a rather minor Victorian novelist. But the best feature by far is the description of Ufford at the time, and the thriving community based on the Church, the farms and the Estate. Many of the houses and locations are recognisable today. Sue Wright has kindly put a copy of the book in the telephone book exchange, so if you have a couple of spare hours it's still worth a read.

Tim Mumford

Ufford Evensong - a poem by Mike Bewley-Pope

The PUNCH recently received a submission from Mike who wondered if we would be interested in a piece of poetry with an Ufford theme, and yes we were interested. In fact Mike has inspired us to think more on poetry, a little later in the year we shall be requesting submissions of **original** pieces for an article on National Poetry Day to be included in our October edition. So if you have written your own verse or want to give it a go, please get your creative caps on and send your composition to submissions@uffordpunch.org.uk

The evening March light
looked and then lit
the far side of the valley,
hesitant at first but then
firmly decided.
Trees were outlined in
finely gouged lines of
woodblock clarity.
Cottages lay half submerged
in a growing canopy, confirming
their presence with mottled shapes
or a broken line.
The terra-cotta tiled roof
of the long-house stood
proud of the rest.
A Viking ship sailing to Sutton Hoo,
a riven shadow to link
time present to time past.
Fields of different threadbare hues
became apparent and the ground
was not yet sown with seed
inherent to the coming Spring.
Had heavy rain ruined the land,
made it empty, forlorn,
a tilth of estuary sand.

Dusk emerged from behind
its creweled cloak and
what was visible before
became semi-sunk in shade.
The birds began to sing
their evening song,
they were pleased with the
fading light, for it to dis-appear
was quite a normal flight.
Eventually the moon came out
to play hide and seek
amidst the out-lined clouds.
There was a closing con brio,
the notes undulating during
the conquering waves of darkness.

All was then silent;
until the morning rise.

We asked Mike for a couple of words on how his love of poetry began and the inspiration behind this particular piece, Ufford Evensong.

"Schooldays, irrespective of liking or loathing them, have a habit of giving you interests for the rest of your life. Some surface straight away and others much later.

In my case the former is woodwork and the latter is writing poetry. Working in wood held major sway until cold workshops in the winter held no appeal, so poetry crept up over the horizon. Today my broad approach is making things in the summer and writing in the winter.

The initial catalyst were the poems of John Betjeman in the 1960s, these appeared amazingly fresh after the earlier classical writers. So, the first poems came to life in the seventies, although after that there was something of a barren field. Then along came Covid with the winters feeling even colder, and writing took a firmer grip.

Ufford Evensong was created at the beginning of this year. The trigger was looking out of the large window in the sitting room, which gives a view over the tops of the bungalows in The Avenue, across the shallow valley that carries Byng Brook, to the western edge of Spring Lane. It was about six o'clock in the evening and the setting sun cast green shadows across the trees. To create something you have to have an initial spark and that was it!

Of course the first attempt was pretty poor and much revision followed. Eventually, at the fifth attempt, there was something presentable and this is the version you are reading. I hope it brings you some pleasure."

MB-P

National Poetry Day

Thursday 3 October 2024

The Fun Dog Show

The PUNCH team have been sponsoring a Fun Dog Show since 2016 and we had another great turnout from our village dogs who kindly brought along their owners. I only say that as one that witnessed the mayhem that was the obstacle race and the musical sit - who was genuinely in charge was definitely in question.

A big thank you to this year's judges, Joan Pettitt from The Woodbridge Vets and her daughter Kay, they had the unenviable task of picking a winner in our main categories and for trying to nail down who was actually sitting in the musical sit! Thanks also to Peter Hepworth for his musical assistance and to you all for attending. **TH**

1. The Musical Sit - organised chaos
2. The Ball Obstacle Race and 3. The survivors with the winner Macie - Rebecca Lawrence
4. Adorable Youngster - Laxton (Wendy Smith)
5. Waggiest Tail - Peggy (Sophie Cox)
6. Prettiest Bitch - Macie (Rebecca Lawrence)
7. The Musical Sit - Taffy (Katie Forgiel)
8. Most Handsome Dog - Ned (Fred Davidson)
9. Golden Oldie (over nine years) - joint winners Bisto (Adrian Smith) and Molly (Alex Bennett)

The Ufford Gardening Club Summer Show In Pictures

Rilla's last rodeo *[right]* Rilla Forge is stepping down after 3 outstanding years running the show as gardening club chair. She saved the best for last

Theme music *[above]* Peter Hepworth delivered a fine performance, including a rendition of Cavatina which provoked spontaneous applause.

Would it rain? *[below]* July weather was about as predictable as the human fruit machine, but it behaved on the day. Not a scorcher as measured by the Pimms sales index, but tea and cakes do well in any weather.

Release the hounds! *[right]* The traditional end to the show, where recalcitrant revellers are chased from the grounds

Kevin Young

Deer whisperer *[above]*

Crafts and produce *[left & above]* with Gerry O'Donovan's bound books which won Best in Show

Award winners *[left]* Jane Cochrane, best in floral section; Ruth Buxbaum, Banksian medal; Des Kerridge, most overall points (championship cup); Gerard O'Donovan, best craft and best in show; Pat Edworthy, best in floral design section

Kevin Young

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On our doorstep - Orford Ness

The 10am ferry from Orford Quay to Orford Ness took less time to cross the River Alde than the health and safety talk we had before departure. Time however became irrelevant as we disembarked on to the Ness and entered a kind of Suffolk Twilight Zone.

Fortunately for us, we had the perfect guide to safely navigate us around the barren landscape we surveyed, none other than Ufford resident and long term Orford Ness volunteer Barry Searle. While it was great to see Barry, it was also great to see his electric 'Popemobile' we had 2,200 acres in front of us and it was a hot day!

The National Trust bought the majority of that acreage in 1993 to create the Orford Ness National Nature Reserve, recognised for its shingle and marshland habitat and species - including Redshanks, Spoonbills, Godwits, Hares and allegedly Chinese Water Deer (sadly not seen).

But the real reason for our visit was to understand what had gone on at this "Island of Secrets". From 1913 the island became a military test site and had limited access. All involved had to sign the Official Secrets Act, so much may never be known (although time has allowed certain data to be shared). What we do know is that top secret experiments were conducted throughout both World Wars and into the nuclear age. An RAF navigator related of his time on site "We were told very little. No questions were asked and very little information was given."

Barry was an extremely knowledgeable guide and in the exhibition room talked us through the 20th Century, from groundbreaking aviation and ballistic testing in World War I to the nation's need to develop its own nuclear capabilities to keep apace in the Cold War arms race.

We were shown around a number of areas, all with different roles. The basic runway, upon which brave early fighter pilots experimented with gunfire timed not to take out their own propellers, research in camouflage and bomb testing and release method assessment. On to The Black Beacon, a radio beacon test site, a pre-cursor of Robert Watson-Watt's world-leading work on a Radio Direction Finding system that eventually became RADAR. Then around many large concrete lined laboratories for the observation of the effects on bombs from vibration, gravity and temperature.

All of these sites are now left in the past, stuck in the 1970s, vacant and decaying, in a flat land with huge skies where nature is taking back control. Barry said that our sunny day showed the area at its most benign, but with our changing seasons the weather can make this mystery site eerie, if more eerie was really what it needed! **TH**

The Dream-Ships of Suffolk: Sutton Hoo and Snape

By popular demand Dr Sam Newton returned to the White Lion marquee and gave a well attended, humorous and interesting talk on the significance of those local ship-burial finds

It is exactly fourteen centuries ago that 'King' Raedwald died, (624 AD is the historians' best guess) yet he still plays a part in our modern day local history.

The recent Time Team visit, not only to Sutton Hoo but also to the amazing project undertaken at the Longshed in Woodbridge, gave Dr Sam Newton the timely opportunity to dig deep into the ship-burial finds that are unique to this area.

Sam began by explaining how East Anglia in comparison to the rest of the UK has a huge number of barrows, but that it was not until the 1862-63 excavation at Snape that a complete ship-burial was uncovered. That find, like many other archaeological finds, had been previously looted but enough remained to confirm that it was the burial site of someone of high standing, with the jury out as to exactly who. Finds included the Snape Ring (a gold sixth century Germanic finger-ring) and a glass claw beaker. Further excavation in the 1980s uncovered a grave that Dr Newton referred to as *The Warrior Poet*, a well regarded storyteller who was buried with his lyre tucked under his arm.

We turned next to the more well known Sutton Hoo site, with our speaker appreciative of the incredible precision of the craftsmen responsible for the treasure discovered, the 'foresight' of Mrs Pretty and the self-taught skills and knowledge of Basil Brown.

Dr Newton ended his talk by reminding us of the sources of much of our history, taking in the works of Bede and then delivering his own version of a piece of Beowulf (thankfully for the attendees with a translated slide of explanation) played on a replica Anglo Saxon lyre.

Several questions from the audience followed with Dr Sam then happily signing copies of some of his own books, that he had "just happened to bring along tonight!" We look forward to his next visit. **TH**

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Monday 26th - Summer Car Rally

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Nature Notes by Chris Reading

Looking out of an upstairs window early one morning, I saw a beautiful sight: a Grey Heron flying over the White Lion. On the ground and in trees these birds look ungainly and awkward, like an uninvited guest at a party – but in water and in the air they are magnificent. They stalk their prey stealthily with total concentration and can stay motionless for several minutes before striking, plunging their neck into the water and emerging with a fish in their long yellow beak. In the air they proceed at a stately pace, with slow measured beats of their mighty wings.

Photo: Chris Reading

The Grey Heron is a big bird. An adult weighs around 4 pounds (2 kg) and stands over 3 feet tall (100 cm) with a wingspan of about 6 feet (195 cm). Its plumage is grey, black and white. They are at home in rivers and lake margins or standing in flooded fields. They are widespread throughout the UK.

To breed they congregate in tree-top roosts called heronries, some of which have been occupied for several decades. The breeding population reached a peak in the early part of the century and has bobbed up and down ever since but remains healthy. Seeing a Grey Heron in flight always lifts my spirits.

Nature Knowledge – Butterflies are good indicators of the health of the local environment. They play a crucial role in the food chain of birds, as well as being pollinators of plants. The UK has 59 species of butterflies – 57 resident species and two regular migrants: the Painted Lady and the Clouded Yellow. You can help monitor the state of butterflies in this area by taking part in the Big Butterfly Count, which will take place between Friday 12 July and Sunday 4 August.

Here is the link to the website:
https://bigbutterflycount.butterfly-conservation.org

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This month's garden column is from local gardener Nikk Slowey FdSc Hort. who along with her husband Christian runs garden design and maintenance company Honeysuckle Horticulture - visit www.honeysucklehorticulture.co.uk

The first week of August hangs at the very top of summer, the top of the live-long year, like the highest seat of a Ferris wheel when it pauses in its turning. The weeks that come before are only a climb from balmy spring, and those that follow a drop to the chill of autumn.

Natalie Babbitt, Tuck Everlasting, 1975

The final month of summer, August, brings long, warm days to spend in our gardens whilst they are still looking fabulous. Time to enjoy the colour, structure and scent with plates full of home grown produce. Keep on top of the watering during hot spells and your plants will reward you with a super display well into the autumn.

Jobs for the Ornamental Garden

Continue to water well, especially in dry spells. Consider using rain or grey water for this.

Feed container plants fortnightly with liquid fertiliser.

Continue weeding by hand and hoe. This is best done on a warm, dry day to ensure any weeds left on the surface dry out and cannot regrow.

Deadhead all flowering plants regularly to encourage more blooms well into the autumn.

Prune wisteria once it has finished flowering by cutting back the long, whippy growths to 5 leaves from the main stem.

Divide and replant bearded iris giving them time to form roots and flower buds for next season.

Collect seed pods for plants that you would like to grow again next year. Plants like poppies, foxglove, sweet pea and nigella are very generous with their seed and germinate readily when fresh.

Take pelargonium cuttings – they're covered in lush growth now so they'll root very quickly and give you plants for your windowsill all winter.

Plant out the biennials such as foxgloves. honesty, forget-me-nots, and wallflowers sown last month. This allows them to make strong growth before the cold sets in.

Trim back lavender once it has finished flowering. Cut back to where the flower stems meet the main plant.

Prune rambling roses once they have finished flowering.

Keep ponds and other water features topped up with water as it evaporates super fast in the August sun.

Jobs for the Productive Garden

When summer fruiting raspberries have finished, prune the old canes out, tying in the new growth from this season ready to bear fruit next summer.

Plant well-rooted strawberry runners into new beds.

Keep an eye out for potato and tomato blight and remove and destroy any affected plants immediately to prevent its spread.

Prune back trained fruit trees to 3-4 buds on each side shoot.

Lift onions and shallots once their tops die down, then leave to dry in the sun.

Cut and come again crops such as mustard, rocket, and lettuce 'All the Year Round' can be grown in a sheltered spot for late autumn cropping.

Feed tomatoes, chillies and aubergines once a week with an organic tomato feed.

Keep a close eye on potatoes and tomatoes for signs of blight. Remove infected leaves carefully and burn - do not compost as the spores can remain in the soil.

Harvest fresh herbs to freeze in ice cubes for winter use, or to hang up and dry then store in jars.

Plant out leeks and brassicas.

Continue sowing salad leaves for a continuous crop.

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UFFORD DIARY DATES FOR AUGUST

EVENTS

5th August (Mon)	Friends of Parklands Wood - Working Party	9.00am	UCH
15th August (Thu)	White Lion Open Mic Night 7.00pm		
19th August (Mon)	Friends of Parklands Wood - Working Party	9.00am	UCH
20th August (Tue)	Ufford Parish Council - Meeting 7.00pm		
	(TBC on PUNCHLine)		SMPH
23rd-26th August	August Beer Festival at the White Lion		

CLASSES AND CLUBS

Tai Chi Classes	Mondays at 2.15pm	UCH
Tennis Club	Monday and Friday from 5.00pm	UCH
Boules	Tuesdays at 2.00pm	UCH

BRIDGE CLUBS

Ufford Friendly Bridge Club
Mondays 6.30pm **UCH**

U2 Bridge Club
Wednesday 14th & 28th August - 1.45pm **UCH**

WHERE?

SMPH	**St Mary's Parish Hall**
UCH	**Ufford Community Hall**

The PUNCH Directory

Schedule of events and classes are on the diary dates above

Boules (by tennis court - UCH)
2pm Tuesdays—(Summer)

Bridge Classes
Mike Fisher
www.mikefisherbridge.com

Carpet Bowls
Di Fulcher 01394 460551

Community Hall
Bookings.uch@gmail.com

Cycle Club
Stephen Thurlow 01394 460770

Deben Probus Club
John Hickling 01728 746322
johnhickling@uwclub.net

Friends of Ufford Woods
Mike Hawthorne 01394 420241

Happy Babies
hello@happy-babies.co.uk

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Parish Council & website
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www.ufford.suffolk.cloud

Parish Church Committee
Karen Eyres 01394 460455
k.eyres@btopenworld.com

PUNCHLine
Tig Thomas 07710 882559
PUNCHline@uffordpunch.org.uk

St Mary's Parish Hall
Karen Eyres 01394 460455
k.eyres@btopenworld.com

Tennis Club
Chris Cage 01394 461082

U2 Bridge Club
Adrian Smith 01394 461179

Ufford Art History Group
Jenny Searle 01394 460317

Ufford Arts Festival
Jeremy Eyres 07739 330398

Ufford Basketball Club
Daniel Metz
uffordbasketball@gmail.com

Ufford Friendly Bridge Club
Lyn Taylor 01394 460253

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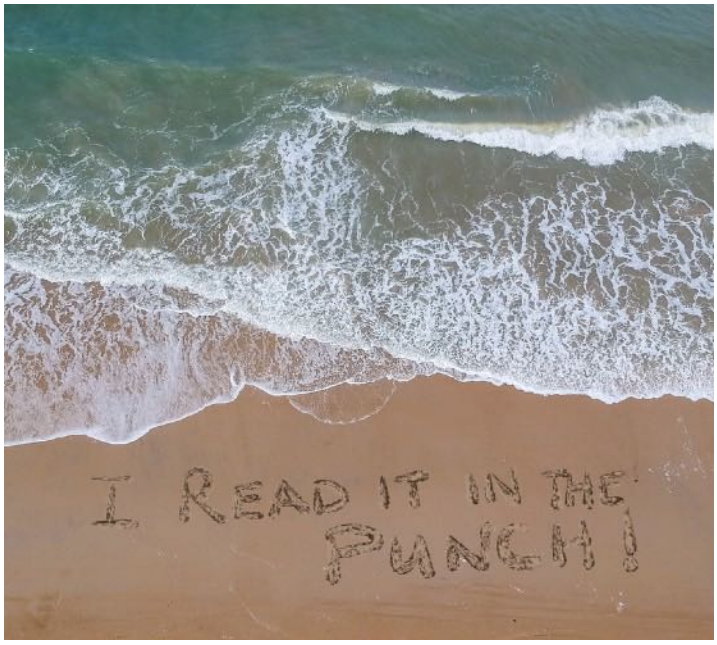

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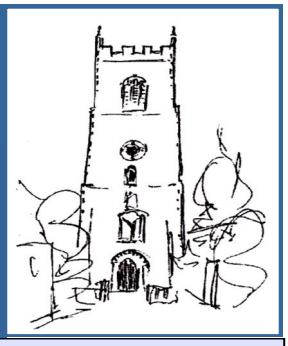

Summer is approaching!

As I write this article, I am reflecting on the world stage. We seem to be witnessing a time of political turmoil the world over. I am always deeply saddened by the lack of peace and reconciliation in our world.

I am seldom one who talks politics and to be honest I am not going to change that. I do, however, believe that in our corner of the world we can continue to strive to be an open and welcoming community.

So much love is present in both Ufford and Melton and I am always struck by the outpouring of love in our two villages.

Both of our churches are deeply committed to being fully inclusive and welcoming and we know we don't always get it right, but our very being is to be a place of love to all.

Jesus spoke always of love, love for all, no exceptions!

I would like you all to know that you are all deeply loved by God. God does not judge, God is not to be feared!

I hope that you all find time and space this summer to find rest and refreshment.

With my love and prayers.

Fr.Paul

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10.00 am Morning Worship at Melton

Sun 11th TRINITY 11

08.00 am Holy Communion BCP at Ufford
10.00 am Eucharist at Melton

Sun 18th TRINITY 12

10.00 am PATRONAL BENEFICE
Parish Eucharist at Ufford

Sun 25th TRINITY 13

08.00 am Holy Communion BCP at Ufford
10.00 am Eucharist at Melton

Please check the church website for updates and the church calendar

LIVE CHURCH CALENDAR ON THE WEB SITE
www.uffordchurch.org

Food Banks - donations welcome to the Collection Box at Ufford Church porch for the "Little Pantry' at St Andrew's Church, Melton.

Thank you.

Jenny Searle

Online prayer resources:

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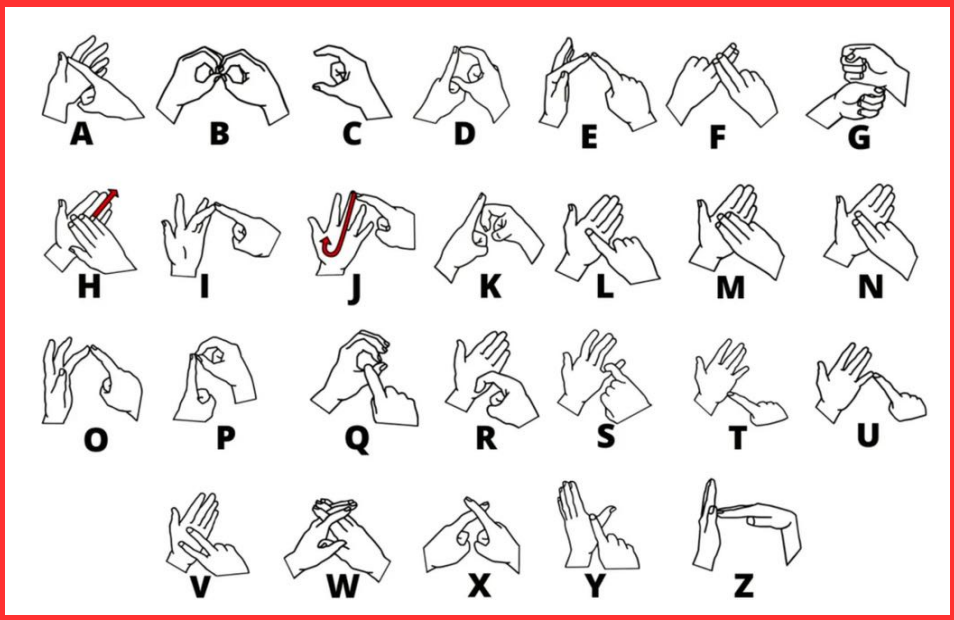

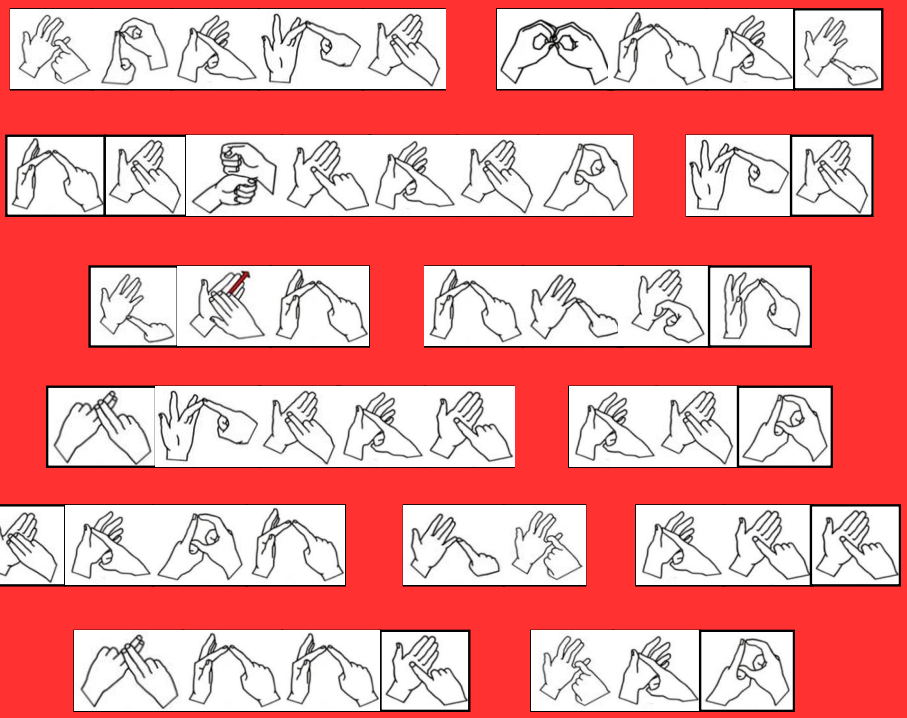

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